

My support contacts to keep handy

Choose up to three people or services you want to reach easily. A short list is enough. Keep the fuller support map if you need more contacts.

SAMHSA suggests asking specifically for the support you want, such as a conversation, help finding a professional, appointment help or a ride. Ask each person what they can offer and how they prefer to be contacted. [1]

Original example: Morgan agreed to a call after dinner. If unavailable, I will ask another chosen person. A saved number alone does not confirm availability.

Name and contact method. What they agreed to help with and when. What I will do if they are unavailable.

Contact 1

Name/contact, agreed help and availability, backup

Contact 2

Name/contact, agreed help and availability, backup

Contact 3

Name/contact, agreed help and availability, backup

This is an original contact organizer, not a crisis plan or a promise that a contact can respond immediately. If your care team has given urgent-contact instructions, keep those accessible alongside it. Store completed copies privately.

Write or type brief notes. Save the PDF on your device, then reopen it to check your answers. Use another copy if you need more space.

[1] [SAMHSA: How to Ask for Help](#)